

The background is a light beige or cream color with a textured, slightly mottled appearance. On the left side, there are several black ink splatters and dots of varying sizes, some of which are larger and more prominent, while others are small and scattered. The splatters appear to be from a brush or a pen, with some showing fine lines and others being more solid. The dots are scattered across the entire page, with a higher concentration on the left side.

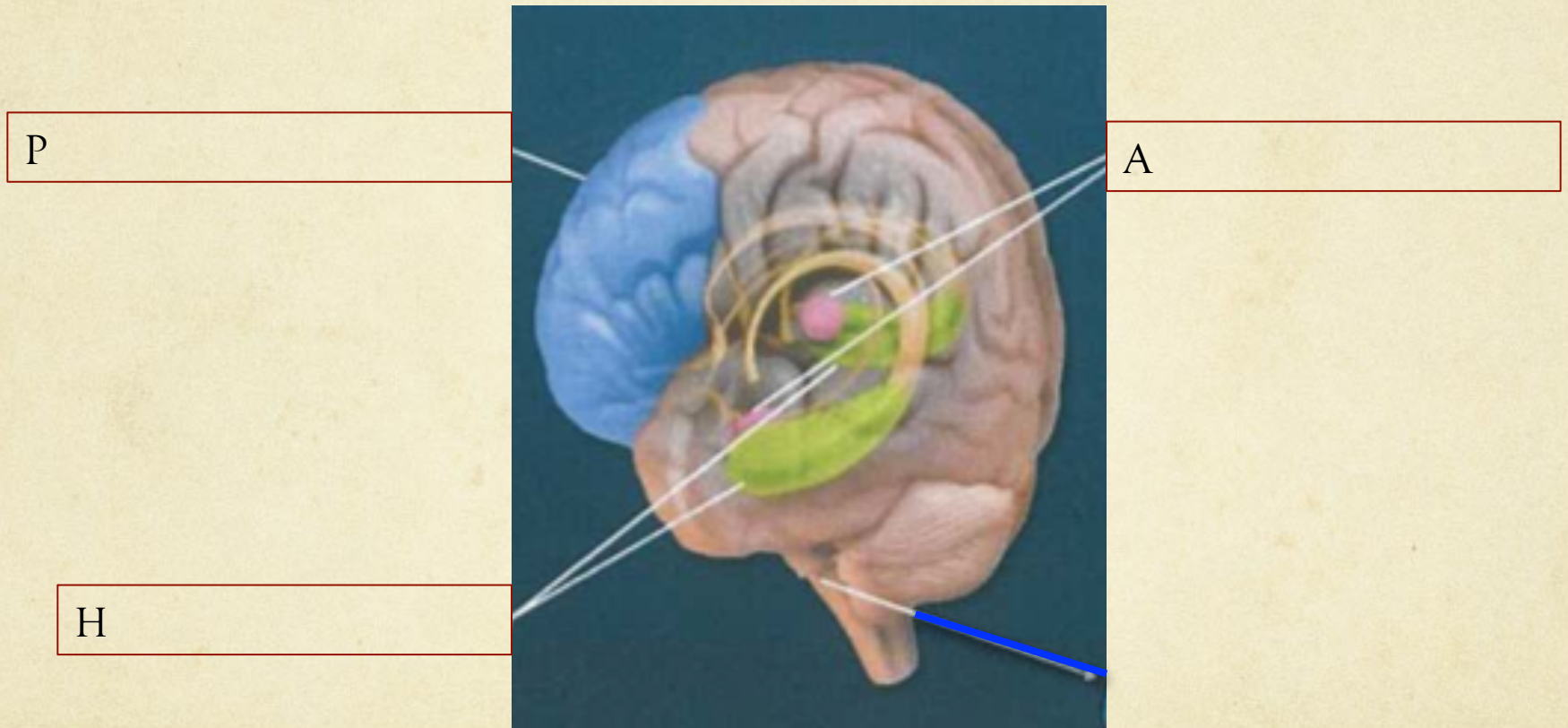
MIND UP

Lesson 1 – How Our Brains Work

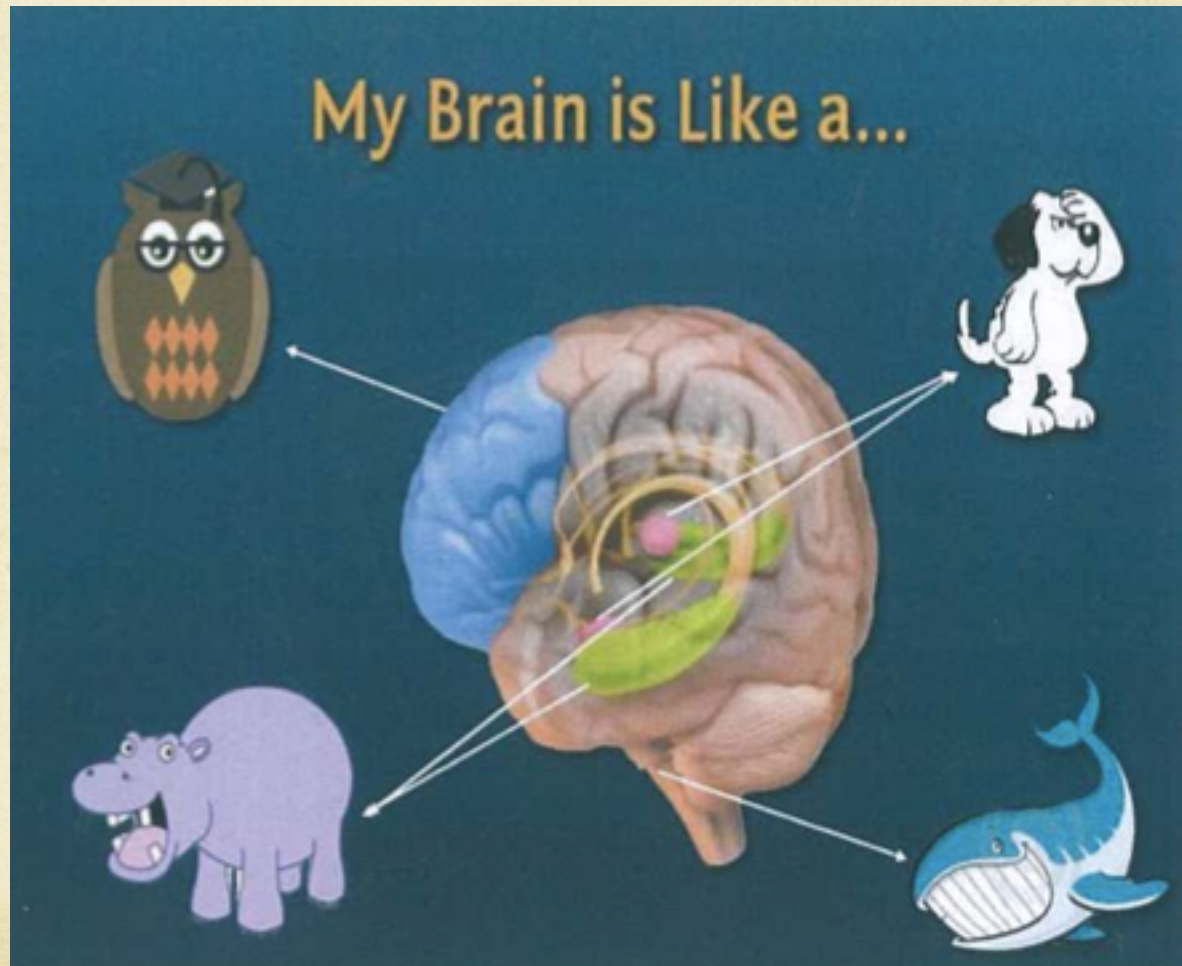
Burning Questions

- Write 2 or 3 'W' or 'H' questions on post it note
- Write only 1 question on each post it note
- When you are done, stick the question on the appropriate big chart paper

Meet some key players in the Brain



My Brain is like a...



Brain Power

- Research about the brain Power
- You might:
 - Read the poster (in the classroom)
 - Research for internet
 - Watch the video, etc.

<http://www.youtube.com/watch?v=XSzsI5aGcK4>

http://www.youtube.com/watch?v=5_vT_mnKomY

<http://www.youtube.com/watch?v=NgOzYYwA1DI>

<http://www.youtube.com/watch?v=dyflxTtYMmc>

How people acquire different skills

- What kind of skill drills could you invent that would help you be creative or help you concentrate?

TEAM BRAIN

○ Engage

- Parts of the brain operate like a team, each part with a position and job to do.
 - Prefrontal cortex (thinking)
 - Amygdalae (emotions)
 - Hippocampus (memories)

TEAM BRAIN

- Explore

- A football Team
 - Prefrontal cortex - quarter back
 - Amygdala - blocker
 - Hippocampus - coach

TEAM BRAIN

○ Reflect

- Imagine you are walking to school and you see ahead of you, blocking the side walk, a large group of bigger kids you don't know.
- How does your body immediately react?
- What are you thinking?
- What experience can you draw on?

TEAM BRAIN

○ Reflect

- What does your brain's quarterback (the prefrontal cortex) do?
- What does your brain's blocker (the amygdala) do?
- What does your brain's coach (the hippocampus) do?

Now you should have enough information to finish your worksheet (Brain Power)

To be continued...

